

RETIREMENT: SELF-ESTEEM AND LEISURE LIFESTYLES

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ABSTRACT

The objective of this study is to examine the relationship between participation in leisure activities and the self-esteem and life satisfaction of retired New Zealanders.

A mail questionnaire and interviews were used to gather information from 100 retirees in Christchurch, New Zealand. The issues examined were: the individuals perceived self-esteem and life-satisfaction levels, their pre- and post-retirement leisure activities and their own personal characteristics that may be related to the types of leisure activities in which they participate.

A number of hypotheses were proposed. Results from this research supported the proposed hypotheses at a 95% confidence level. There were no significant differences between categories of retirees, classified according to such things as their leisure activities, life-satisfaction and self-esteem. Results showed that although there was no relationship at such a high confidence level, there were relationships at a lower confidence level.

Those retirees who participated in the questionnaire and interviews appeared to be well adjusted to retirement, and involved in a wide range of leisure activities. Overall, there was an increase in the number of activities regularly participated in after retirement. The majority rated themselves as being in very good or excellent health. Not only do those who are married and live with others participate in all types of activities, but so do those who are widowed, never married and live alone. For those who live alone, their leisure participation provides the opportunity for social interaction and skill development.

"Just as the ancient Greeks believed the life of leisure required extensive preparation, so too does retirement" (Godby, 1985:179).

My research suggests that those with a wide range of recreation and leisure skills adapt best to retirement. There is a need for leisure activity to be a part of pre-retirement planning. Those with limited leisure interests may need to rekindle old interests or develop new leisure pursuits so that, in retirement, they will enjoy some continuity of lifestyle.

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CHAPTER ONE: INTRODUCTION

In the present study, leisure has been defined in term of activity - those activities that retirees choose to do in their free time for pleasure and enjoyment. The study is concerned with participation levels and the types of activities in which retirees participate.

As a result of a review, Haywood *et al* (1989) views leisure in four dimensions. Leisure is seen as:

- residual time, the time left over after work or other obligations;
- particular activities or groups of activities;
- functional, a means to achieving a desired end e.g therapeutic, training or social control;
- freedom, quality of experiences.

The Concise Oxford Dictionary's (1990) definition of 'to retire' is to "leave office or employment especially of age". The term 'retiree' acknowledges the importance of work, and is a reminder of the roles that an individual no longer has. It "says nothing of the roles that they do have" (Godby, 1985:177). In view of the importance given to work in our society, it is not surprising that many people do not look forward to retirement.

In retirement, new routines are developed to replace those that ended with paid, and usually full-time, employment. These new routines are highlighted by special events similar to those which may have occurred during the working life.

Today's retired may 'retire' several times during middle-age, as careers and lifestyles change. Retirees may become involved in voluntary (unpaid work) using previous skills. Kelly (1990) suggests "ordinary retirement" involves staying with the available elements of life that have been satisfactory in the past and reweaving them into a new set of routines and events.

These retirees may:

"... enjoy freedom from the work ethic, have a sense of continuity in their leisure activities, form leisure patterns before retirement, have leisure patterns that revolve around family and/or other close social contacts, develop new routines to replace those lost after retirement" (Kelly, 1990:2).

Retirement is a time to develop new tasks and responsibilities and does not require giving up accomplishments and meaning (Kelly, 1987b). For those in sound physical and financial health, retirement is a rewarding phase of the lifecycle. The main attraction of retirement appears to be the freedom to pursue interests which do not have the constraints and stress of a job.

The retired population in New Zealand is growing rapidly, with a higher proportion of women than men, many of whom are widowed. Many of the retirees I spoke to led very busy lives, filled with leisure activities including socialising with family and friends. The leisure lifestyle of Shirley (aged 62) was fairly typical of those I spoke to:

"Now I am playing a lot more golf, and I belong to the Garden Club and I do a little bit of liquid embroidery as a hobby... and I go to Community Care and mind the phone once a fortnight, relieve the secretary there. I might go to the theatre, we have a crowd from golf who go there and we do that lots. I like gardening".

McLeish (in Roadburg, 1981) suggests that later life is the time to pursue the "Ulyssan Life". Ulysses was a king in Greek legend, a hero who continued to "search, to discover, to accomplish dreams in the continuing creativity of his later years" (Roadburg, 1981:9). The later years, in particular, retirement, can be a time to pursue new experiences, fulfill personal dreams, develop new ideas or more precisely to start a second "career".

Later life and second careers were the topic of a poem by Tennyson (in Roadburg, 1981:9):

*Come my friends
'Tis not too late to seek a newer world,
Push off, and sitting well in order smite
The sounding farrows: for my purpose holds
To sail beyond the sunset and the baths
Of Western starts, until I die.
It may be that the gulf will wash us down:
It may be we shall touch the Happy Isles,
And the Great Achilles, whom we knew.
Tho' much is taken, much abides: and tho'
We are not that strength will in old days
Moved earth and heaven, that which we are, we are:
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find and not to yield.*

Do all retirees "sail beyond the sunset" or "touch the Happy Isles"? The aim of this research is to find out how retirees spend their time. In particular, it is concerned to discover whether socio-demographic variables help explain the leisure participation patterns of retired people and differences in self-esteem and life satisfaction.

In this study life-satisfaction and self-esteem have been defined as follows:

Life-satisfaction: "a cognitive assessment of one's progress towards desired goals" (George, 1979:210).

Self-esteem: "... the emotional element of one's self. How one feels about one's self concept in comparison to an ideal" (MacNeil and Teague, 1987).

While the main objectives of this study are to increase our understanding of differences in leisure participation of retirees, I hope that the results will be useful for recreation planners and programmers.

1.1 OBJECTIVES

1. To identify the leisure activities of a randomly selected group of retirees.
2. To determine the extent to which the features of self-esteem developed during a working life, are transferred into leisure pursuits and participation.
3. To establish whether those who participate in social (active or sedentary) activities have higher self-esteem and life-satisfaction than those who do not.
4. To determine whether pre-retirement leisure activities are continued into retirement.

Past and present literature on retirement and leisure are discussed in Chapter Two, as are the leisure theories related to this study. Methods of research are discussed, and null hypotheses are presented in Chapter Three. Chapter Four analyses the data gathered from the questionnaire and interviews. The final chapter provides a summary of the study and offers recommendations for further studies in this area for those involved in the recreation industry.

CHAPTER TWO: LITERATURE REVIEW

2.1 RETIREMENT

This chapter looks at the evolution of retirement and the characteristics of retired people. The importance of both life-satisfaction and self-esteem are examined. In the third section the benefits of leisure, as well as the retirement stereotypes are discussed. Finally, the theoretical base to this research is explored.

2.1.1 Evolution of Retirement

In most societies the life-cycle is broken up into segments. These segments may be signalled by events or rituals that may or may not be socially recognised.

In Western societies men tend to start work in their twenties, (many even earlier), and continue till they are 60 (soon to be 65). Some may continue working longer, depending on pension provisions. Women often have a more complex working life, as it may be interrupted by raising a family. However, the retiring from paid full-time employment is a significant time for both men and women.

In pre-industrial societies the older generations were supported only as long as they could perform a productive function. For example, "... if the Eskimo grandmother could no longer even chew [hide for] the boots of the family, she would be abandoned or walled up in an igloo to await death" (Atchley, 1976:10).

In some societies, older people were transferred to supervisory or advisory tasks in which physical exertion was less apparent. Retirement, as we know it in New Zealand, with financial provision made by the State, is a comparatively recent phenomena. Indeed, New Zealand led the world with the limited provision of retirement **income** in 1898.

Atchley defined retirement as:

"an event, a formal departure from paid work that occurs on a given day; a status with new roles to learn; and a process that begins the day an employee acknowledges that the worker role will end" (Atchley, 1976).

In Western societies the following conditions are deemed *necessary* for the emergence of retirement as a social institution:

"People must live long enough to accumulate a socially defined minimum number of years service in one or more jobs.

The economy must produce enough surplus to support adults who do not hold jobs.

There must be some mechanism (such as pensions or social security) to divert part of the economic surplus to support retired persons.

People in the society must be able to accept the idea that one can legitimately live in dignity without having a full-time job" (Atchley, 1976:16).

In present Western society, retirement often implies a lowering of the status of the aged because they are placed in a state of dependency (Cowgill, 1974). Dowd (1980) argues that retirement is a source of inequality between the young and the aged, that "... old people in modern society, because of their exclusion from the labour markets, are disadvantaged in their intergenerational relations".

Thomson (1991:83) suggests that "growth will bring benefits to generations very unevenly". He also points out that different cohorts receive different advantages. One example of this is private superannuation schemes.

"Individuals would be granted pension rights, to be redeemed somewhere well into the future: neither employee nor employer would make the necessary sacrifice to pay for this, and the later born would be counted upon to pick up the bill".

Many retirees feel they are being treated like second class citizens, being no longer able to claim social status from the work force and seeing themselves as shunned by society in general (Long, 1988). In his 1988 study on retired men, Long (1988:40) suggests "... their wants and needs are too easily caricatured, and age-segregated provision was felt to contribute to this position of marginalisation and powerlessness". Retirement is seen by many authors as relegating the aged into a subordinate class, discriminated by age and reliant on the state (Markides and Cooper, 1987).

There are two main factors which affect the degree to which society will be affected by retirement. The first is the State provision of some form of retirement income. Old age pensions were first introduced in 1898. The applicants for the pension had to meet certain criteria:

- be at least 65 years old;
- prove that they had been in New Zealand for twenty five years;
- be of the required racial type (no Asiatic could apply for the pension);
- applicants could not have a criminal record;
- be of good moral character, and possess little or no property or income.

As the criteria were so strict only a few people qualified for the pension. In the 1930's the Labour Government replaced the pension with an age benefit. The number of criteria an applicant had to meet were reduced to three. To be eligible, a person had to be:

- at least 60 years of age;
- of good, moral character, and
- able to meet the residence, assets and income tests.

"Recent taxation changes have had an immediate impact upon generations and what they get from the pooling of resources and risk" (Thomson, 1991:82). Recent legislation in New Zealand has had the following effects. Since 1987 New Zealanders have no longer been able to make income tax deductions for superannuation or pension schemes. Those born in the 1920's and 1930's have been able to benefit from this advantage, but those born later can no longer do this, because of the tax changes.

The importance of legislation has had a drastic effect on the elderly of New Zealand. In 1989 National Superannuation was changed to the Guaranteed Retirement Income.

"... the retirement age is to be lifted in stages, from the year 2006 so that the later born must work longer and pay more taxes than before, enjoying a much shorter period of retired leisure" (Thomson, 1991:105).

The second factor is the: "extent to which employment policies restrict employment opportunities for older workers through mandatory retirement policies" (Atchley, 1976). Those who wish to continue working can do so but risk losing some of, if not all of their Guaranteed Retirement Income. Therefore those people who are still capable of continued paid employment are discouraged from doing so.

2.1.2 Who are the Retired

Retirement is one of the major milestones in the life-cycle (Neulinger, 1981), a period of restructuring time that was previously occupied by work. This time may be used to focus on self-development, socialization and leisure pursuits (Kelly, 1987a).

Atchley (1976) suggests two conditions must be fulfilled for an individual to be classified as a 'retiree'. First, the individual must be employed less than full-time. Second, part of the individual's present income must be derived from a retirement pension accumulated during the years worked. Retirement is the final phase in the occupational life-cycle and adequate material and financial resources during this time allow an individual to maintain independence (Atchley, 1976).

In New Zealand between 1951 and 1988 the number of people aged sixty and over almost doubled. The population of this age group rose from 256,000 in 1951 to 502,000 in 1988 (New Zealand Department of Statistics, 1990).

By the year 2001 the retired population will be close to 600 thousand (N.Z. Dept. of Statistics, 1990).

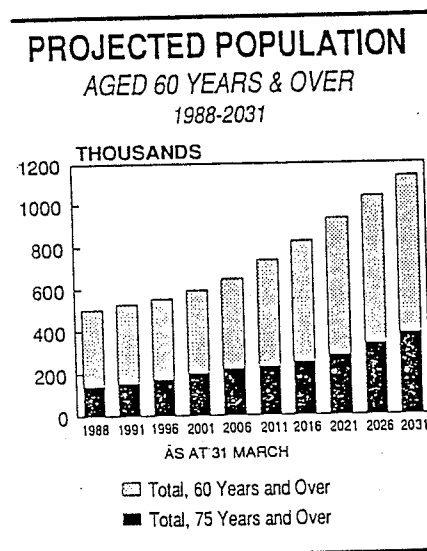


Figure 1: Projected Population

Women outnumber men in the sixty-plus age group. In 1951 there was a ratio of 109 women per 100 men. By 1988 this ratio had risen to 129 women per 100 men. In the 'old old' (85+ age group) women outnumbered the men five to two in 1986 (Dept. of Statistics, 1990). From this we can conclude that wives live longer than their spouses and are more likely to be widowed. The likelihood of widowhood increases with age.

2.1.3 Gender and Retirement

Early research and assumption suggested that women's experiences of moving into retirement is less stressful than that of their male counterparts. However, Dex (1985) sees recent research as pointing to similar retirement experiences on the part of both men and women. The 'traditional' role of the woman as a caregiver and housewife still plays a major role in the life-style of today's women.

There have been few studies on the retirement of women, and women have either been excluded from studies or else the results have been based on theoretical models developed for male retirees (Phillipson, 1990). These comments stress the need for further studies of women and retirement.

Mason (1988:77) suggests that both "... the role of transitions or continuities in unpaid work around retirement have been neglected in both sociological and popular wisdom".

According to Green *et al.* (1990:82) there is a need for further research, "... the assumptions [made for women in retirement] persist unchallenged in the literature, that work is a 'central life interest' for men but not women ... family roles and domestic activities, which continue beyond retirement, cushion them from the deprivation of status, income and social relationships and a temporal structure to the day which employment provided". Mason (1988) also views retirement as an issue that is "... seen publicly as an issue for men and not women", and sees a need for research in this area.

The present study hopefully goes some way towards meeting Mason's concern. My sample includes both women and men and I do not assume that the study of the former can be subsumed under the latter.

2.2 THE SELF

The relationship between positive self-evaluation and success is well researched and tends to suggest that:

"... positive self-esteem is the dominant attribute in the self-concept of 'healthy' people" (MacNeil and Teague, 1987: 123).

Self-concept is the cognitive image of one's self. How one thinks and describes oneself to others. Wright (in MacNeil and Teague, 1987) suggests that the self-concept is the single most important factor influencing one's behaviour. An individual's self-concept is learned through environmental and social interaction. A positive self-concept in retirement is a product of the individual's pre-established ideas and not other peoples preconceptions about retirement.

2.2.1 Self-esteem

Self-esteem is sometimes used to recognise the positive qualities of oneself, or in comparison with others or by some reference to a particular standard (Coleman, 1990). Self-esteem values are formed and continue over a period of time, and negative and positive reactions are predictable to a certain extent (Coleman, 1990).

A challenge in later life is to maintain a strong sense of self-identity when so many contacts, roles and activities change. Maintaining continuity of self and self-esteem can become an overriding motivation, representing the psychological survival of the person.

The role changes that occur through life also impact upon an individual's self-esteem. One of these role changes is retirement. The addition or loss of *social* roles, e.g., of grandparenting, belonging to social groups and being a spouse, may affect one's self-concept. These social changes may lead individuals to re-evaluate the roles they see themselves playing and the social roles others perceive them to be playing.

In later life, self-concept is influenced by internal perceptions of the self rather than by external realities. This is supported by Atchley:

"Role changes play a part in developing the self, and many role changes accompany later life. Widowhood, disability, retirement, dependency and sickness all involve changes in position and role associated with age. Yet these changes bring about less change in self-concept than we would expect, because older people tend to retain roles they formerly played as part of their self-concepts." (1977:79-80).

Individuals may experience change in self-esteem or self-concept. One of the negative aspects of retirement is the lack of emphasis on individualism and self-reliance, which may reduce the status of older people.

With no paid employment or other social contributions to offer, retirees may be seen as having nothing of cultural value to trade with the young in return for support (Atchley, 1977). Other negative changes may occur through the loss of an established role, illness and loss or death of a loved one.

Positive changes may include grandparenting or belonging to social groups. Atchley writes:

"As individuals grow older, they tend to shift from seeing themselves as the captains of their fates to seeing themselves as primarily responsive to other people's demands. How they react to this shift depends on their vision of the ideal. If they idealized the rugged individualist, then the result of this shift on their self-esteem will probably be negative. If, on the other hand, they idealize accepting one's role in life and playing them to the hilt then the result could be positive" (1977:80).

Reichard (in Atchley, 1980) suggests that the answer to positive self-esteem may lie in the past. Those who perceive themselves as having done well in the past, are more likely to perceive themselves as doing well in retirement and old age. During the transition from work to retirement, social relationships, time utilisation and income may change. Changes also occur in the retirees physical and mental health, life-satisfaction and self-esteem (Kaufman, 1988).

In this study, self-esteem is measured using the Rosenberg Scale of self-esteem. This scale has been modified for New Zealand conditions to improve the validity and reliability when testing. Rosenberg (1965) developed the scale in a study of high school students in the United States with an age range from fifteen to eighteen. The scale has ten items and requires the respondent to choose answers for the ten statements. This measure of self-esteem is relatively quick to complete. The Rosenberg scale enables the researcher to rank people along a single continuum, from high to low levels of self-esteem. 'Positive' and 'negative' items were set out alternately to reduce the effect of the respondent set (Rosenburg, 1965).

2.2.2 Life-satisfaction

Research on life-satisfaction and the elderly has been described as:

"... perhaps the oldest, most persistently investigated issue in the social scientific study of ageing" (Maddox and Wiley, 1976).

Numerous studies, including Peppers (1976), Larson (1978) and De Carlo (1974) suggest two factors that have a positive link to life-satisfaction in older adults: social activity and leisure participation. Life-satisfaction is often used by researchers as a measure of self-esteem, morale and happiness.

There are as many different measures of life-satisfaction as there are definitions. Most measures involve the respondent rating life-satisfaction statements on a Likert scale. These scales have a closed-ended format, whereby a numerical value is given to life-satisfaction, and they commonly treat life satisfaction as a dependent variable that can be related to independent variables. Studies have noted associations between life satisfaction of retirees and perceived health, financial satisfaction, marital status, living arrangements and transportation (Seleen, 1982).

Satisfaction with life is also an important component in the determination of mental health. Hutchison suggests to researchers that:

"... it should be important to determine some kind of priorities in a person's expectations, such that, when these are not reasonably fulfilled, life-satisfaction is lower" (Medley, 1976:448).

Roadburg (1985), Larson (1978) and Kelly (1982) all note that there is no apparent relationship between gender and life-satisfaction. Discrepancies or similarities may be due to the measuring instrument used.

Larson (1978) suggested that perceived health status was the most significant predictor of life satisfaction among the elderly. Barfield and Morgan (in Kaufman, 1988) tend to view a retiree's health status as the strongest indicator of retirement satisfaction, because the healthiest retirees in their study claimed to be "very satisfied" or "satisfied with life" since retiring.

Of particular importance to this study are the two factors that Kelly (1987b) suggested are the dominant factors in life-satisfaction. The first is overall activity and the second, perceived health. The types of leisure that contribute the most to later life-satisfaction are those that offer an opportunity for interaction with others (Leitner and Leitner, 1987).

Kaufman (1988) notes several researchers who stress the value of leisure in retirement satisfaction. One researcher found that the amount of time spent in leisure prior to retiring was beneficial to satisfaction after retirement. Another reported that leisure participation and positive leisure values were associated with life-satisfaction.

Romsa and Johnson studied the relationship between retirement satisfaction and leisure patterns. They concluded that the recreation and leisure patterns which enable the participant to fulfil social wants, play an important role in the provision of a satisfying lifestyle in retirement (Roadburg, 1985). Social wants may include status, friendship, and the opportunity to learn new skills. In support of the importance of social interaction for retiree's life satisfaction, Larson (1978:116) stated that:

"Folk lore has it that health, wealth and love are the basis of happiness. The studies reviewed in this paper suggest that a similar formula is applicable to the elderly. Level of education, occupational status, availability of transportation, housing and numerous forms of social interaction also appear to be related to subjective well-being. These findings are generally consistent with the findings of similar research on the well-being of adults of all ages".

Life-satisfaction can be measured in several different ways. Early researchers defined satisfaction in terms of adjustment within specific domains of a person's life (e.g., work, leisure or health) (Roadburg, 1985). This is a somewhat limited view as it assumes that one factor can influence satisfaction in retirement. The most widely used scale is the Life Satisfaction Index and variations of it. Life Satisfaction Index A (LSI-A) is used in this research, measuring life satisfaction on a rating system using a Likert scale. The scale is further discussed in Appendix 3).

2.3 LEISURE LIFESTYLES

2.3.1 Introduction

Leisure is an important concept in retirement but is very difficult to define. Neulinger (1974) views leisure as a state of mind, and that it was time when one was not working. Leisure can also be formally defined as "... personally expressive discretionary activity, varying in intensity of involvement from relaxation and diversion... though personal development and creativity up to sensual transcendence" (Gordon *et al.*, 1976).

Lifestyle implies a main interest that is central to an individual's life. In many cases the dominant interest is leisure. There are five main elements that should be integrated into the leisure lifestyle - attitude, finances, health, living arrangements and social relationships.

Parker (1987) suggests that even though retirement is referred to as a 'life of leisure', few people make drastic changes in their leisure patterns after retirement. In the past the concept of a leisure lifestyle was a characteristic of nobility. Changing social forces have meant that aspects of leisure impinge upon all of us, and leisure activities are part of many contemporary lifestyles.

Kaplan (1979) views leisure for the elderly as "... a clue and instrument for a concern with the adventure of living - the joy of the journey itself". He refers to the leisure role amongst the elderly as an experience that is meaningful to recreation, personal growth, self-development and service to others. Kaplan's leisure role is defined as:

"... one that consists of relatively self determined activity - experience that falls into one's economically free time roles, that is seen as leisure by participants, that is psychologically pleasant in anticipation and recollection, that potentially covers the whole range of commitment and intensity, that contains characteristic norms and constraints, and that provides opportunities for recreation, personal growth and service to others" (Kaplan, 1979:26).

2.3.2 Leisure in Retirement

Retirement brings about change but not necessarily in leisure. The individual is retiring from work and not leisure. Those with a wide range of leisure and recreation skills tend to adjust better to retirement than those who have not developed recreation patterns or interests. Many

people with limited skills often learn new leisure activities and may restart past leisure and recreation activities.

Richmond and McCracken (1989:24) outline a number of medical benefits gained from participation in leisure activities. The first is that: "... establishing and maintaining physical fitness through regular exercise can be a major component of successful ageing". This regular participation may be in the form of many activities but those best suited for physical fitness are the more active.

Examples of such activities include: gardening, bowls, jogging and walking. "Activities affecting physical well-being range from active games and sports, dances and exercises to movement therapy"(Richmond and McCracken, 1989:24).

As well as improving health and physical fitness, many leisure activities may also improve the appearance and self-confidence which contributes to a good mental health. "... For us all, irrespective of age, regular activity is important for the maintenance of physical fitness, the healthy functioning of the body and that sense of feeling good about ourselves" (Richmond and McCracken, 1989:24).

2.3.3 Stereotypes

The key issue in the provision of leisure for retirees lifestyle is the need to counteract the stereotypes about older people, that they are "... disadvantaged, disabled, incapable of cultivating new interests and building new lifestyles for later life" (Rapoport and Rapoport, 1975). "This culture persists in perceiving the elderly in an unflattering way. Senior citizens are portrayed as useless, frail, sickly, obnoxious and burdensome" (Ginsberg, 1988:47)

Avoiding the stereotypes may involve retirees in "resistance" activities including:

- a. avoiding those activities and provision aimed specifically at the old age pensioner;
- b. engaging in active pursuits that confirmed their physical and financial independence;
- c. having, or seeking the company of younger people or mixed age groups - most commonly through the family but also beyond" (Long, 1988:39).

Harvey (1977) outlines factors which may guide a person into some forms of leisure activities and avoiding others. These factors are: a person's self concept, self esteem, and their chosen lifestyle. Although the stereotypes for 'appropriate' leisure patterns are changing there is still a need to further leisure education and promotion of activities without the stereotypes.

2.4 THEORIES OF THE RETIREMENT-LEISURE CONNECTION

Three leisure theories, *disengagement*, *activity* and *continuity*, address the retirement and leisure relationship.

2.4.1 Disengagement Theory

This theory was developed by Cummings and Henry in 1961. The theory is based on the structural-functional perspective and assumes that retirement has the "function" of permitting older people to withdraw from societal events and disengage from social and activity commitments.

"Disengagement is an inevitable process in which many of the relationships between a person and other members of society are severed, and those remaining are altered in quality" (Cummings and Henry, 1961:102).

The claim was made that such disengagement created more job and community opportunities for younger people (Roadburg, 1985). Disengagement is a social and individual process. Socially, institutions and organisations tend to exclude the older person and therefore assist an individual's own process of disengagement (Kleemeier, 1964). Individual disengagement is often selective, whereby an individual withdraws from some activities but not from others. Thus the individual becomes increasingly involved with activities centred around the self.

Many researchers have concluded that withdrawal and disengagement from societal activities are far from being typical of retirees and older people in general (Atchley, 1976). Moreover, the "functionality" of disengagement has been questioned. Life-satisfaction often decreases if previous social roles are not continued (MacNeil and Teague, 1987).

Critics of the disengagement theory include Brehm (1962), Maddox (1965), Kutner (1962), and Rose (1965). According to Rose (1965:360):

"... the disengagement theory is not an hypothesis which states that as people get older, they are gradually separated from their associations and social function. Nor does the theory of disengagement state that, as people become physically feeble or chronically ill, they are thereby forced to abandon their associations and social function. Finally, the theory of disengagement does not say that because people tend to have a reduced income in our society they can no longer participate in many things".

Many researchers place emphasis on "disengagement", "reduced potential", and an "irreversible decrement of function". These authors tend to view both biological and social roles as one. There are no suggestions that there are also new activities, more freedom and leisure and reduced cultural experiences for many retirees in today's society (Kutner, 1962). Many older adults have increased opportunities for travel, participation in more community activities and involvement in voluntary organisations. Disengagement in leisure activities may occur when health fails. This happens however, at all stages of the life span, not only among the retired (Kutner, 1962).

2.4.2 Activity Theory

Activity theory was first suggested by Havighurst, Neugarten and Tobin in 1968. It emphasises that retired people do not wish to sever ties with society and have similar psychological and social needs in retirement as they had in middle-age (MacNeil and Teague, 1987).

Activity theory contradicts disengagement theory in that "... with advancing age, engagement rather than disengagement is more closely related to psychological well-being" (Neugarten *et al.*, 1961).

The theory stresses the importance of finding social, mental and physical activities to replace time previously spent in paid work. These activities must fit the needs of the individual, thus offering a sense of positive self-identity and self-concept, and activity levels that correlate positively with the life-satisfaction of individuals (Bengstan, 1969).

"Successful" retirement is based on maintaining activities from middle-age for as long as possible, finding substitute activities to fill in the time lost after retirement and finding substitutes for the loss of friends and relations (Roadburg, 1985).

Activity theorists assume that increased activity levels are beneficial and that they increase the life-satisfaction of individuals (Kleemeier, 1964). The more active people are in later life, the greater their life-satisfaction and their ability to cope with problems (Kelly *et al.*, 1987). Thus, "the greater the activity, the greater the life-satisfaction, but the more roles that are lost and not replaced, the greater the drop in life-satisfaction" (Teaff, 1985:34).

As with the previous theory, a number of criticisms have been made of activity theory. Firstly, it assumes the individual has a desire to fulfil the same personal objectives which were met by the pre-retirement occupation (Atchley, 1976). Secondly, it fails to address the difficulties involved in filling the gaps left by the loss of a job, social role or loved one (Roadburg, 1985), and the way in which some groups of retirees are more able to fill the gap than others.

2.4.3 Continuity Theory

Continuity theory stresses the continuity of roles and activities during the life span. It is used by a number of leisure and recreation professionals, and asserts that continuity should occur in all aspects of living, not simply in leisure and recreation activities. This is the main difference between the continuity and activity theory. It rejects disengagement theory by suggesting that retirees should continue as before and rearrange their lifestyles to fill the gap left by work. Continuity theory suggests that individuals will cope with retirement by the continuation of roles that already exist instead of finding new roles (Atchley, 1976), and that continuity of activities will occur unless there is significant cause of change (i.e., social, physical or mental change) (Beer-Davis, 1982).

Activities and opportunities may change but the importance of any involvement remains significant in later life. "For a happy and enjoyable retirement there is a need to maximise continuity and minimise constriction" (Kelly, 1990:12).

This chapter has identified the theory involved in this study, the following chapter identifies the methods used in data collection.

CHAPTER THREE: METHODOLOGY

3.1 INTRODUCTION

Chapter Three is divided into two sections. The first explains the "choice" of methods available, the theoretical justification for using them and the sampling procedures used. The second section discusses the application of methods and techniques used in this research and presents the hypotheses.

3.2 RESEARCH DESIGN

As discussed in Chapter One the objective of this study was to examine the relationship between leisure activities and self-esteem and life-satisfaction among retired people aged over sixty in Christchurch, New Zealand. This information was obtained using two methods - a postal questionnaire and interviews. The reasons for choosing these methods were as follows:

- a. The questionnaires gave the respondents time to respond.
- b. A self-report scale could be used to measure self-esteem and life satisfaction.
- c. Personal interviews add a human dimension to the statistical data.
- d. The information from the questionnaires is structured and enables statistical analysis, whereas more personal information can be gained through interviews.

3.2.1 Advantages of the Mail Questionnaire

Simon and Burstein (1985) discuss the merits of using mail questionnaires and their views reflect those of other authors (e.g. Babbie, 1989; Kidder, 1981). Mail questionnaires provide the researcher with a method that gives a "wider and more representative distribution of the sample". The cost of using questionnaires compared with other research techniques is relatively low. In addition, the answers are in the respondents own words, so that there is no chance of interviewer bias. Simon and Burstein (1987) also suggest that "... certain segments of the community may be easier to approach". Kidder (1976:148) pointed out that "... respondents may be more frank on certain issues. This is due to their anonymity and they feel free to express their views and opinions".

3.2.2 Disadvantages of Mail Questionnaires

A number of disadvantages of using mail questionnaires have also been outlined by Simon and Burstein (1985). Responses may be limited to those with an interest in the topic. Certain questions may be difficult to ask and there is no chance to clarify questions, making consistent interpretation difficult. Simon and Burstein (1985:) also suggest that "... if the non-response rate is high this increases the cost and "... certain segments of the population may not be approachable". Bearing these possible disadvantages in mind, steps were taken to minimise them. For example, efforts were made to ensure that the questions included were easily understood.

On the basis of my experience, another difficulty of postal surveys is in choosing and contacting the sample.

3.2.3 Personal Interviews

An important advantage of personal interviews is that researchers can normally obtain a high response rate. The response rate of face-to-face interviews is often as high as 80 percent (Kidder, 1976). The personal interview allows people to clarify the question with the assistance of the interviewer. This was the main reason for the use of personal interviews in the present study. A second advantage with personal interviews is the ability to gather in-depth material on issues that may only be covered briefly by questionnaires.

The main disadvantages of personal interviews are the amount of time involved in collecting data and the expense to the researcher. In the case where several interviewers are used, Simon and Burstein (1985:) note the "... the supervision and control of the interviewer may create problems and there are dangers of interviewer bias and cheating". It is important that the interviewer has knowledge of the topic and can "go beyond written answers for underlying reasons".

For this study a total of ten unstructured interviews were carried out with retired people. The purpose of the interviews was to gain information on:

- 1) Types of retirees leisure activities;
- 2) Leisure relationships/companionships of retirees;
- 3) The location of retirees leisure activities;
- 4) Leisure satisfaction of retirees;
- 5) Post-retirement change or diversification in leisure activities.

Snowball sampling was used to select "information - rich key informants" (Patton, 1990:176). The sampling technique here is to ask one interviewee who else to talk with, the snowball becomes bigger as it gathers more informants. This technique was used as it saved a lot of time in an area where I knew only one retiree.

Quotations from the interviews are used throughout the results section to provide illustrative material.

3.3 SAMPLE POPULATION

Seigel (1990:9) suggests that there is no standard definition of the elderly population - "... cultural definitions of old age vary according to the longevity of a population, the population of persons in the older ages, and the degrees to which persons at different ages are engaged in useful activities".

In this research retiree is defined as: 'a person over the age of sixty and no longer in paid, full-time employment.'

This study will also include women who may have been in paid employment, or who may have stayed and worked at home, and who, because of their age, are now retired. Few studies have included women, and as I pointed out earlier, the assumptions made about men in retirement have often been applied uncritically, to female retirees.

3.3.1 Sampling Procedure

Membership lists of Senior Citizens Clubs provided a sample base for this research as Government lists were unavailable. One hundred retirees were selected using a random number programme on the computer, and addresses were cross-checked with those in the telephone book. Senior Citizens Clubs were chosen even though this may bias the results, as Clubs may have a higher female to male ratio. The Clubs were spread throughout Christchurch and it was hoped that there would be a selection of varied ages and interests.

3.4 QUESTIONNAIRE

3.4.1 Development of the Questionnaire

The questionnaire was developed on the basis of previous literature (Peppers, 1973). This was then pilot tested using retirees. Changes to the questionnaire structure, clarity of questions and size of the print were then made to the question format and to the covering letter.

The questionnaires were posted to the random sample of retirees in Christchurch. Given the low response rate to most postal questionnaires, a number of steps were taken to increase the likelihood of a high rate of return. These steps were as follows:

- a) the covering letter stressed the confidential nature of the study,
- b) the address on the envelope was hand written to make it more personalised,
- c) the cover letter was personally signed,
- d) the questions were short and concise,
- e) the total length of the questionnaire was restricted so that it could be completed quickly, and
- f) a stamped, self-addressed envelope was included.

One hundred questionnaires were mailed to retirees in Christchurch. Eighty one retirees replied. Four questionnaires were returned unanswered, and the remaining seventy seven were used in the data analysis. Not all useable questionnaires had every question answered, and the useable response rate was 77%.

Questionnaires were coded numerically and data analysis was conducted using a Minitab statistical software package. The reliability and validity of questionnaire is referred to in Appendix 4.

3.5 DEVELOPMENT OF HYPOTHESES

For the purpose of this research, post-retirement activity is measured by the number of activities engaged in, while well-being is measured by two dimensions, self-esteem and life-satisfaction. Activity theory is based on the premise of a direct relationship between post-retirement activity and "well-being". The disengagement theory suggests that as the level of activity involvement decreases so does the level of self-esteem and life-satisfaction.

Kelly (1987) suggests that overall activity level is a dominant factor in determining life satisfaction. An increase in activity level is important for the maintenance of high life satisfaction and high self-esteem amongst retirees, given that most retirees have extra time at their disposal. This relationship is developed in the first two null hypotheses of this study:

Hypothesis 1: There will be no difference in life-satisfaction between retirees who increase the number of activities in which they participate and retirees whose participation in activities decrease or remain constant.

Hypothesis 2: There will be no difference in self-esteem between retirees who increase the number of activities in which they participate and retirees whose participation in activities decreases or remains constant.

It was thought that those retirees who lived a more active lifestyle would have higher life-satisfaction and self-esteem. This is developed in hypotheses 3 and 4:

Hypothesis 3: There will be no difference in the life-satisfaction between retirees who primarily participate in active leisure activities and retirees who primarily participate in sedentary activities.

Hypothesis 4: There will be no difference in the self-esteem of retirees who primarily participate in active leisure activities and retirees who primarily participate in sedentary activities.

The importance of social interaction in older adults has been the subject of many research studies. Palmore (1968) and Tobin and Neugarten (1961) suggested there was a positive relationship between life-satisfaction and levels of social interaction. Graney (1975) also noted a positive relationship between happiness and participation in social activities in retirement. These views are represented in hypotheses 5 and 6:

Hypothesis 5: There will be no difference between the life-satisfaction of retirees who primarily participate in social activities and retirees who primarily participate in isolated activities.

Hypothesis 6: There will be no difference between the self-esteem of retirees who primarily participate in social activities and retirees who primarily participate in isolated activities.

Hypotheses 7,8,9 examine gender in relation to self-esteem, life-satisfaction and activity type. Studies differ in their findings concerning the level of significance between men, women and activity participation.

Hypothesis 7: There will be no difference in life-satisfaction of male and female retirees.

Hypothesis 8: There will be no difference in self-esteem of male and female retirees.

Hypothesis 9: There will be no relationship between gender and activity type.

Roadburg's study (1985) suggests that retirees who lived with a spouse tend to view leisure as relaxation. Relaxation may included "a break from housework, home maintenance or simply a break from each other".

Hypothesis 10: There will be no difference between the life-satisfaction of married retirees and the life satisfaction of unmarried retirees.

Hypothesis 11: There will be no difference between the self-esteem of married retirees and the self-esteem of unmarried retirees.

Hypothesis 12: There will be no relationship between marital status and activity type.

Rosenburg (1985) supports the notion that living arrangements have a strong influence on an individual's definition of leisure. For those who live alone and may be lonely, Roadburg suggests, leisure is "having something to do".

Hypothesis 13: There will be no difference between the life-satisfaction of retirees who live alone and retirees who live with others.

Hypothesis 14: There will be no difference between the self-esteem of retirees who live with others and retirees who live alone.

Hypothesis 15: There will be no relationship between living arrangements and activity type.

In 'Peoria Winter' (1987) Kelly is at pains to correct the stereotypes of retirement as routinely involving ill health and disability. Kelly also suggests that health problems in later life are a limiting factor in leisure participation.

"... lowered energy levels, losses in all five senses, difficulty in responding to and recovering from stress and decreased functioning in all the systems and organs of the body can exact a toll on leisure participation".

These concerns are reflected in hypotheses 16:

Hypothesis 16: There will be no relationship between the perception of health and activity type.

3.5.1 Summary of Hypotheses

- Hypothesis 1: There will be no difference in life-satisfaction between retirees who increase the number of activities in which they participate and retirees whose participation in activities decrease or remain constant.
- Hypothesis 2: There will be no difference in self-esteem between retirees who increase the number of activities in which they participate and retirees whose participation in activities decreases or remains constant.
- Hypothesis 3: There will be no difference in the life-satisfaction between retirees who primarily participate in active leisure activities and retirees who primarily participate in sedentary activities.
- Hypothesis 4: There will be no difference in the self-esteem of retirees who primarily participate in active leisure activities and retirees who primarily participate in sedentary activities.
- Hypothesis 5: There will be no difference between the life-satisfaction of retirees who primarily participate in social activities and retirees who primarily participate in isolated activities.
- Hypothesis 6: There will be no difference between the self-esteem of retirees who primarily participate in social activities and retirees who primarily participate in isolated activities.
- Hypothesis 7: There will be no difference in life-satisfaction between male and female retirees.
- Hypothesis 8: There will be no difference in self-esteem between male and female retirees.
- Hypothesis 9: There will be no relationship between gender and activity type.
- Hypothesis 10: There will be no difference between the life-satisfaction of married retirees and the life satisfaction of unmarried retirees.
- Hypothesis 11: There will be no difference between the self-esteem of married retirees and the self-esteem of unmarried retirees.
- Hypothesis 12: There will be no relationship between marital status and activity type.
- Hypothesis 13: There will be no difference between the life-satisfaction of retirees who live alone and retirees who live with others.

Hypothesis 14: There will be no difference between the self-esteem of retirees who live alone and retirees who live with others.

Hypothesis 15: There will be no relationship between living arrangements and activity type.

Hypothesis 16: There will be no relationship between the perception of health and activity type.

3.6 DEFINITION OF TERMS

The respondents were asked to tick activities in which they regularly participated. In this study, regular participation was defined using the definition from Ward (1991) as "... physical, mental and social activity that is undertaken at least three times a week for at least 35 minutes each time". Peppers' (1976) activity types were used to divide the respondents into four groups. The four groups were:

1. Active-Social: These are activities that require a lot of physical activity and normally take place within a group (e.g. team sports).
2. Active-Isolated: Activities in this group are those that also require physical effort but are usually performed by one person (e.g. jogging, gardening).
3. Sedentary-Social: These are activities that require only a little physical effort and are done in groups (e.g. volunteer work, playing cards).
4. Sedentary-Isolated: This is the fourth activity type and these activities require little physical effort and are usually done by one person (e.g. reading, watching television).

In the present study, three questions were asked to establish the activity type of respondents:

1. Was the activity that they spent the most time doing participated in a solitary activity?
2. If no, what was the group?
3. How often does the group meet?

If the activity was a group activity, and the group met at least once per month, it was classed as a social activity.

Appendix 5 outlines the five divisions that were used in the questionnaire to aid data analysis and the presentation of results.

CHAPTER FOUR: RESULTS

4.1 SOCIO-DEMOGRAPHIC CHARACTERISTICS OF THE SAMPLE

The mean age for the respondents was 75-79 years (The standard deviation was 1.399).

Table 2 shows distribution of age for the respondents.

Table 1: Analysis of Retirees by Age

AGE	n	%
60-64	8	10.53
65-69	17	22.37
70-74	19	25.00
75-79	16	21.05
80-84	12	15.79
85-89	2	3.96
90+	0	0
TOTAL	76	100.00

Almost seventy percent of the respondents were women. This may reflect a high number of women in the Senior Citizen Clubs in Christchurch.

Table 2: Gender of Retirees

GENDER	n	%
Females	49	69.01
Males	22	30.99
TOTAL	71	100.00

1: In all Tables, totals indicate number of respondents who provided relevant information.

Approximately 93% of the respondents were either married or widowed. Only a small percentage (5.26%) had never married.

Table 3: Analysis of Retirees by Marital Status

	n	%
Married	39	51.32
Single	4	5.26
Widowed	32	42.10
Divorced	1	1.32
TOTAL	76	100.00

Half of the sample live alone with their spouse. Of this number, one retired couple also had a German student living with them for a year. Three respondents also had their children or grandchildren living in their home. A high percentage (46%) of the sample lived alone. At the time of the 1986 Census, one-sixth of those between 60-64 years were living alone compared with about half of those aged 80 years and over who were living by themselves.

The most common form of living arrangement among older people at the time of the 1986 New Zealand Census was 'couples living on their own, without any children or other family members'. As the age of couples increases the number of couples living together, either with or without children, decreases. This is in line with figures for those over 60 living on their own, which increases dramatically with a rise in age.

Table 4: Analysis of Retirees by Living Arrangement

	n	%
Husband/wife	38	50.0
Children	2	2.63
Grandchildren	1	1.32
I live alone	35	46.05
TOTAL	76	100.00

Most of the retirees in the sample (95%) are fully retired, and are no longer in any form of paid employment.

Table 5: Retirees Retirement Status

	n	%
Fully Retired	55	94.83
Partially Retired	3	5.17
TOTAL	58	100.00

The main reason given for retiring was that the respondents had reached the statutory age of retirement. Other reasons for retiring included:

"sick of work after 42 years" (man, 75 years)

"... working from age of 12 years... came to the end of major project and felt the need to take life easier for health's sake".

Marriage or remarriage were reasons given by women in the sample for finishing paid employment.

Table 6: Reasons for Retiring

	n	%
I had completed the statutory period	8	15.69
I turned 60 years of age	22	43.14
I was in poor health	4	7.84
Family Reasons	4	7.84
Other Reasons	13	25.49
TOTAL	51	100.00

Almost all respondents (94%) receive the **Guaranteed Retirement Income (GRI)**. For 41 respondents the GRI is their only form of income. Some retirees have more than one source of income. These included:

- interest, dividends, National Provident Fund
- Part time boilerman, UK Police pension, small business
- *"I have a flat which I let" (woman, 65 years)*

Table 7: Retirees Receiving G.R.I

Receiving GRI	n	%
Yes	70	94.59
No	4	5.41
TOTAL	74	100.00

Almost 60% of retirees were in very good or excellent health compared with the 13% of respondents who felt their health was not very good or they were never in good health. Additional comments suggested that although some retirees had problems they weren't letting their health prevent them from participating in leisure activities.

"My health is not very good - during the past 7 years I have had major surgery on two occasions to rectify renal failure. The last, one year ago and am at last beginning to feel stronger" (Female, 70-74 years who regularly participates in gardening, visiting people, knitting, reading, overseas travel and walking as part of her leisure activities.)

"My health is very good though I have high blood pressure" (Female, 75-79 years. Among numerous leisure activities she regularly participates in are: swimming, walking, gardening, fishing, volunteer work and university extension courses.)

"I am a Parkinsons victim" (Female, 75-79 years who regularly participates in housework, visiting people, entertaining at home and playing cards.)

"I am an amputee" (Male, 65-69 years who gardens, does odd jobs at home, reads and helps on his daughters farm on a regular basis.)

Such evidence suggests that the relationships between failing health and 'disengagement' is a complex one and that no hasty conclusion should be drawn about leisure participation from a superficial knowledge of health status.

Table 8: Health

	n	%
My health is excellent	6	8.0
My health is very good	38	50.67
My health is good 50% of the time	21	28.0
My health is not very good	8	10.66
I am never in good health	2	2.67
TOTAL	75	100.00

4.2 LIFE-SATISFACTION AND SELF-ESTEEM

The mean life-satisfaction score (LSI-A) for this sample is 11.455. The score is lower than both the mean from the Kansas City study (12.40) from which the scale was developed and the Peppers (1976), study which had a mean score of 13.504. One possible reason for a higher score in previous studies the bigger sample size was used. This score 'fell' in the 'average' classification. Fifteen plus reflected a high level of life satisfaction.

In this study the mean for the Rosenberg self-esteem scale was 7.091. This self-esteem score was also 'average'. Generally respondents felt good about themselves. This was higher than Peppers (1976) study which reported a self-esteem mean of 5.267.

4.3 LEISURE ACTIVITIES

Table 9 shows the frequency distribution for the list of activities of respondents before and after retirement. Gardening, walking, odd jobs at home, reading and visiting people were the five most popular leisure activities. This shows that activities done before retirement carry on after retirement. The results support continuity theory, which suggests activities continue without drastic changes, and it serves to dispel the "rocking chair" stereotype which tends to view retirees changing to more sedentary type activities.

The results of the Life in New Zealand Study (1990) reveal similar activities (reading, watching T.V., visiting friends, listening to music, gardening and walking) were the most favoured by this age group. These activity patterns were well established and tended to remain constant throughout the lifecycle. The Life in New Zealand Study (1990) also found that most participation rates in sport decline with increasing age. Their study showed that golf participation rates peaks in the 45-64 age group and participation in lawn bowls increases dramatically for the 65+ age group.

Table 9: Pre and Post Retirement Leisure Activities

Activity	Post-retirement		Pre-retirement	
	n	%	n	%
Swimming	3	3.9	6	7.8
Walking	42	55.0	34	44.2
Gardening	60	78.0	46	59.7
Jogging	1	1.3	2	2.6
Ski-ing	0	0	2	2.6
Fishing	5	6.5	5	6.5
Hunting	0	0	1	1.3
Housie/bingo	2	2.6	2	2.6
Odd jobs at home	49	63.6	34	44.2
Golf	5	6.5	6	7.8
Bowls	15	19.9	7	9.1
Tennis	0	0	5	6.5
Sitting and Thinking	19	24.7	5	6.5
Painting (art)	7	9.1	3	3.9
Craftwork	26	33.8	16	20.8
Reading	51	66.2	33	42.9
Watching T.V.	57	74.0	20	26.0
Letter writing	44	57.1	23	29.9
Listening to music	31	40.3	18	23.4
Chess	0	0	1	1.3
Playing music	14	18.2	6	7.8
Visiting people	45	58.4	27	35.1
Entertaining at home	33	42.9	21	27.3
Playing Cards	15	19.5	6	7.8

In addition to looking at the activities regularly participated in, holidays both local and overseas, tramping and camping were also observed. These are activities that occur only a few times a year and Table 10 shows that the only activity to increase after retirement is holidays abroad. One possible reason for this is the increase in time available to travel.

Table 10: Leisure Activities

	Post-retirement		Pre-retirement	
	n	%	n	%
Holidays NZ	38	49.4	43	55.8
Holidays Overseas	31	40.3	27	35.1
Camping	9	11.7	17	22.8
Tramping	6	7.8	8	10.4

In addition to the activities listed in the questionnaire, many additional activities were mentioned by respondents. These activities included: knitting, growing flowers for export, Country Womens Institute, croquet, and dress-making (For a full list of additional activities see Appendix 2.) A number of retirees are continually developing new activities.

"We are considering obtaining a self-contained mobile caravan for its independence and flexibility" (male, 65-69 years).

In terms of the number of activities which are participated in on a regular basis, the pre-retirement mean was 5.026 compared with a post-retirement mean of 8.974. Thus, almost four (mean) additional activities are regularly participated in after retirement.

Table 11: Mean Number of Pre- and Post-Retirement Leisure Activities

	Mean
Pre-retirement	5.026
Post-retirement	8.974

Volunteer work, entertaining at home and visiting people were three activities that showed a significant increase in participation as retirees now had more time to take part in these leisure activities. This result indicates that retirees increased the number of activities in which they regularly participated. Retirees continue many leisure pursuits in retirement but they also begin different activities. Some of the leisure activities started after retirement included: letterwriting, craftwork and listening to music.

Joan (63 years) spoke of her involvement at the local Community Centre.

"I do volunteer work for the Community Centre... Community Care and I was doing that while I was working as well... it involves answering the phones, making coffee, library books... get the dishes ready for Meals on Wheels".

There are a large number of retirees involved in voluntary work, and they play an important role in the local community.

Although many retirees realised they now had the time to take up new pursuits, the opportunity was not always taken advantage of (Long, 1988). Often good intentions waned, particularly as life no longer held a constant routine. Joan (63 years) spoke of this:

"... you get into a routine when you are working and so forth and you know that you have got to do some things and when you retire you ... well I did any way I sort of felt oh blow... I can't be bothered doing that today and wait till tomorrow, or the next day... there was no real rush for it".

Analysis of retirees who increase participation levels after retirement and those whose activity levels decrease or remain constant show that those retirees who increase participation have slightly higher life-satisfaction and self-esteem scores. However, these were not significant at a 95% confidence level. This indicates that at this level there is no direct relationship between increasing the number of activities participated in after retirement and life-satisfaction and self-esteem. However the result was significant at an 85% confidence level. The results tend to support the hypotheses that there is no significant difference between groups. These hypotheses may have shown a significant difference if a larger sample was used or the confidence level was reduced.

Table 12: Activity Participation and Life Satisfaction

Activity Participation	Mean
Increase	11.714
No Increase	10.275

df	t	Level of Significance	Conclusion
75	1.1084	$p < 0.05$ (not significant)	Do not reject

Table 13: Activity Participation and Self-esteem

Activity Participation	Mean
Increase	7.206
No Increase	6.571

df	t	Level of Significance	Conclusion
75	0.640	$p < 0.05$ (not significant)	Do not reject

4.3.1 Activity Types

Respondents were fairly evenly distributed across Pepper's four activity types. The active and sedentary groups were also very evenly matched with 46.27 and 53.73 percent respectively.

Table 14: Activity Type Classification

Activity Type	n	%
Active-Social	12	17.91
Active-Isolated	19	28.36
Sedentary-Social	19	28.36
Sedentary -Isolated	17	25.37
Total	67	100

It was thought in Hypotheses 3 and 4 that those retirees primarily participating in active leisure activities would have a significantly higher score in both life satisfaction and self-esteem than sedentary activities.

Table 15: Means and Standard Deviations for Activity Types

Activity Type	Life-satisfaction		Self-esteem	
	Mean	Std.Dev	Mean	Std.Dev
Active-Social	12.417	4.078	8.083	2.193
Active-Isolated	11.597	4.868	7.138	3.625
Sedentary-Social	11.579	4.260	6.316	3.713
Sedentary-Isolated	11.235	5.203	7.235	3.192

Adams (1971) suggested that there was a positive relationship between perceived health and life satisfaction. Hypotheses 18 assumed that good health would be a prerequisite for activity participation.

Results from this study support the hypotheses that there is **no significant** difference between active and sedentary activities and life-satisfaction and self-esteem. A t value of 0.29 for life-satisfaction and a t value of 0.75 for self-esteem were calculated. Neither results were significant at a 95% confidence level. Therefore the type of leisure activities that were participated in did not influence the individuals level of life-satisfaction or self-esteem.

Table 16: Activity Type (Active and Sedentary) and Life Satisfaction

Activity Type	Mean
Active	11.903
Sedentary	11.417

df	t	Level of Significance	Conclusion
75	0.19	$p < 0.05$ (not significant)	Do not reject

Table 17: Activity Type (Active and Sedentary) and Self-esteem

Activity Type	Mean
Active	7.516
Sedentary	6.750

df	t	Level of Significance	Conclusion
75	0.75	$p < 0.05$ (not significant)	Do not reject

Most retirees interact with both individuals and groups, either family or friends. Interaction may be on a formal or informal basis. Many types of leisure activities offer the opportunity for social contact. Many retirees participated in the same activities before retiring but less frequently. Long (1988) suggests that popular social activities include going to the pubs, social clubs and sports clubs (in particular bowls and golf).

Those who still held their car licence found it an advantage and were happy to help friends who were no longer able to drive. Failing health, especially eyesight, is a major reason for being unable to drive. This limits freedom and makes a number of retirees reliant on others for transport.

From the basis of this information it was hypothesized that retirees who participated in more social activities would score significantly higher in life satisfaction and self-esteem.

Table 18: Activity Type (Social and Isolated) and Life Satisfaction

Activity Type	Mean
Social	11.903
Isolated	11.417

df	t	Level of Significance	Conclusion
75	0.029	$p < 0.05$ (not significant)	Do not reject

Table 19: Activity Type (Social and Sedentary) and Self-esteem

Activity Type	Mean
Social	7.000
Isolated	7.194

df	t	Level of Significance	Conclusion
75	0.019	$p < 0.05$ (not significant)	Do not reject

There was no significant difference between the social and isolated activities in relation to either life satisfaction and self-esteem. The degree of both life satisfaction and self-esteem for both groups is very similar.

For the following analysis on gender, marital status, and living arrangements two questions were asked. The first was: Is there a relationship between the social-demographic (e.g. marital status) and the dependent variables (self-esteem and life satisfaction)? For this analysis the t-test was used to determine whether there is a significant difference between the mean scores of two groups.

The second question was: Is there a difference between the four activity types and a socio-demographic variable? For this analysis the chi-squared statistical test was used in this analysis because it can be used to test the null hypothesis (that there is no relationship) between two or more variables. If the test shows that there is a relationship between variables, the degree of the relationship can also be shown.

4.2.2 Gender

Studies as early as Maddox and Eisdorfer (1962) noted a significant difference in recreation participation between males and females. Segregation of the sexes appears to be typical throughout school years. McNeil and Teague (1987) suggest that leisure activities instilled in us in our younger years prepares us for socialization in the work world.

While the differences between gender may be less noticable, studies have still found significant difference in the type of leisure in which men and women participate. Men were found to participate in more active and 'out of the house' leisure activities, while women tended to have more home-based passive leisure interests (Zborowski, 1962; Roadburg, 1981). Different leisure experiences and interests initiated in earlier years tend to flow into retirement.

It was hypothesized that there would be no significant difference between male and female retirees in regards to life satisfaction and self-esteem.

Table 20: Gender and Life Satisfaction

Gender	Mean
Male	11.864
Female	11.592

df	t	Level of Significance	Conclusion
73	0.047	$p < 0.05$ (not significant)	Do not reject

Table 21: Gender and Self-esteem

Gender	Mean
Male	7.333
Female	6.787

df	t	Level of Significance	Conclusion
73	0.038	$p < 0.05$ (not significant)	Do not reject

Table 23: Gender and Activity Type

Gender	A-S	A-I	S-S	S-I
Female	6	10	9	16
Male	6	7	5	3

df	x	Level of Significance	Conclusion
3	14.593	$p < 0.05$ (not significant)	Do not reject

These results show that in this study there was no significant difference in life-satisfaction and self-esteem between male and female respondents. Although there was no significant difference in regard to gender and activity type, more women were found to take part in sedentary-isolated activities. This is because knitting, craft activities, reading and watching television all fall into this category.

4.3.3 Marital Status

Results from this study supported Hypotheses 10 and 11 which stated there would be no significant difference between the life-satisfaction and self-esteem of married and unmarried retirees. Although mean levels of life-satisfaction and self-esteem were similar, comments from the interviews suggest that retirement and leisure without partners required adjustment.

"Breakfast time doesn't worry me... for so many years Lauri [husband] had his breakfast in bed anyway and I used to have a look at the paper and breakfast by myself... but I feel funny with an empty chair beside me [at lunch time] so I started watching 'Young and the Restless'" (Thelma, 74 years).

"My wife died before I retired from the shop and I haven't got that latter part like some have. When they are retired they can go out and about together. I just had to do other things" (Lionel, 84 years who regularly participates in bowls (indoor and outdoor), plays cards and does a lot of visiting).

Those married retirees mentioned the importance of participating in activities together.

"I think you have got to help each other when you retire. There is always plenty to do... you have to keep the place tidy and there is plenty to do outside" (Mr O, 82 years).

Table 23: Marital Status and Life-satisfaction

Marital Status	Mean
Married	12.615
Unmarried	10.459

df	t	Level of Significance	Conclusion
74	2.18	$p < 0.05$ (not significant)	Do not reject

Table 24: Marital Status and Self-esteem

Marital Status	Mean
Married	6.894
Unmarried	7.25

df	t	Level of Significance	Conclusion
73	0.035	$p < 0.05$ (not significant)	Do not reject

Table 25: Marital Status and Activity Types

Marital Status	A-S	A-I	S-S	S-I
Married	8	7	9	11
Unmarried	4	12	7	8

df	x	Level of Significance	Conclusion
3	3.142	$p < 0.05$ (not significant)	Do not reject

4.3.4 Living Arrangements

Roadburg's (1981) study showed that those people who lived alone were more likely to participate in indoor activities that did not necessarily involve others. Those who lived with someone else tended to be involved in more co-operative outdoor leisure pursuits. Roadburg also noted other studies where there was no significant difference between living arrangements and leisure activity.

Null hypotheses 13 and 14 in this study suggest that there is no significant difference in life-satisfaction and self-esteem between those who live alone, or with others. Hypothesis 15 suggests that there is no relationship between activity type and living arrangement.

Table 26: Living Arrangement and Life-satisfaction

Living Arrangement	Mean
Live Alone	10.371
With Others	12.512

df	t	Level of Significance	Conclusion
74	0.003	$p < 0.05$ (not significant)	Do not reject

Table 27: Living Arrangement and Self-esteem

Living Arrangement	Mean
Live Alone	7.429
With Others	6.976

df	t	Level of Significance	Conclusion
74	0.044	$p < 0.05$ (not significant)	Do not reject

Table 28: Living Arrangement and Activity Types

	A-S	A-I	S-S	S-I
Live Alone	4	11	8	8
With Others	10	8	8	12

df	x	Level of Significance	Conclusion
3	3.186	$p < 0.05$ (not significant)	Do not reject

4.3.5 Health

Roadburg (1981) showed that those who considered their health to be excellent or good tended to be involved in more social (both active and sedentary) activities. As health decreases, there tended to be a move towards more passive activities.

Table 29: Health and Activity Type

Health	Active-Social	Active-Isolated	Sedent.-Social	Sed.-Isolated
Excellent				4
Very Good	2	1	2	3
Good 50%	2	4	6	4
Not V.Good	8	10	8	9
Never in Good Health		4		1

df	x	Level of Significance	Conclusion
12	15.252	$p < 0.05$ (not significant)	Do not reject

The results show no significant relationship between perceived health and activity type.

4.4 Retirement

The aim of these questions was to establish the aspects of work that were enjoyed. Another consideration was whether these enjoyable attributes can be continued into retirement in the form of leisure activities. Leisure gives many retirees an alternative channel to be productive and contribute to their own well-being.

When asked what aspects of work they enjoyed, 22% said the job content, 20% said they enjoyed the challenge of working and 18.75% enjoyed having a regular income. Achieving personal goals, social life and status were not as enjoyable.

Table 30: Aspects of work that were enjoyed

	n	%
Status	5	6.25
Income	15	18.75
Job Content	18	22.50
Social Life	9	11.25
Challenge	16	20.00
Personal Goals	11	13.75
Other	6	7.50
	80	100.00

Other enjoyable aspects of work were: "having an outdoors job", "companionship", "having shift work and thus being able to help asthmatic wife" and "satisfaction of a job well done".

When asked if they missed any aspects of their job, twenty respondents said they did. These aspects have been categorised into the following groups: income, social aspects (e.g. golf, meeting people), job content (e.g. working with animals/livestock).

Five respondents said they missed the income and the financial security. Nine respondents missed the social aspects of their work.

"[I miss]... having a definite function and directive, as well as the company" (female, 70-74 years)

Job content was an aspect of their previous paid employment that was missed by eight respondents.

"Access to literature via the library system on a constant daily basis. Access to personal exchange of views with others of similar interests" (male, 65-69 years - who also commented: that it is ... "probably more difficult for a young person to get a start in work now than it was in my day. Interest, dedication are still necessary factors for a successful lifestyle. Education is another factor that is a lifelong process".)

"I miss nursing and miss the feeling of being wanted and of personal achievement" (female, 70-74 years).

Table 32: Respondents that missed aspects of work

	n	%
Yes	20	55.56
No	16	44.44
Total	36	100.00

Roadburg (1981) referred to the notion of "life significance" to distinguish between those most satisfied and those least satisfied with their retirement. Life significance is the "feeling of interest in life as a continuing worthwhile experience, a sense of purpose for one's life, and the coming to terms with oneself as a person, or self-acceptance". This is also reflected in continuity theory.

4.5 RESULTS IN RELATION TO THEORY

Phillipson (1990) suggests that retirement is shaped by continuities as well as discontinuities in individual's life experiences. Thus, rather than a transition to a completely new life course, retirement is a continuation of numerous threads of life with the exception that there is no longer paid, full-time, employment.

These results show there is little difference in self-esteem and life-satisfaction between socio-demographic characteristics. However, there was continuity in leisure participation, with retirees on average beginning four new activities. The retirees in the study did not show the feelings that they were old and no longer a contributing force in society. Instead they appeared well-adjusted and happy in retirement. "Retirement need not be a negative event but is seen merely as a further point along life's continuum, with a different set of roles replacing the former occupational ones" (Lipton and Osgood, 1982:46). Lipton and Osgood (1982:46) continue by saying that "... adaptive flexibility and a sense of well-being in the middle years of life predict the probable display of these same characteristics in later years. In fact, the entire lifecycle may be conceptualised as a process in which success predicts success". It now appears that instead of work being the key to success in life, it is seen as a means to pursuing other leisure, family and life interests.

CHAPTER 5: CONCLUSIONS AND RECOMMENDATIONS

5.1 INTRODUCTION

The ageing and greying of New Zealand's population is following overseas trends. Once the children of the 'baby boom' years reach retirement, one in four New Zealanders will be over the age of sixty. This large number of older adults has implications for many aspects of life, including health, housing, taxation and leisure.

Retirement can be a form of 'enforced leisure'. Retirement as early as the age of 55 means that people now have an increase in time to spend on recreation and leisure. Retirees are now a leisure class, they are no longer in paid employment, and overseas studies have concluded that leisure is a necessary part of living for retirees. However many retirees feel a decrease in self-esteem and life-satisfaction after they finish working. This feeling is briefly described by Mary (60):

"... the appalling emotional response felt when one retires, often after being a 'top' person in one's profession or business, and suddenly one is supposed to be an old dodderer who wants to do nothing except potter, baby sit children, or sit in the sun and is apparently now considered to have no brain, be senile and accept being told what to think and do".

The maintenance of self-esteem is seen by many authors to be a key issue in the study of retirement adjustment. "High self-esteem is predictive of survival and successful adaption, low self-esteem is closely related to the onset of late-life depression" (Bond and Coleman, 1990).

5.2 SUMMARY OF RESULTS

5.2.1 Objective One

Objective One of my study was to ascertain the leisure activities of retirees. The retirees whom I both interviewed and surveyed, participated in a wide range of activities. These ranged from active-social leisure activities like golf and bowls, to more isolated-sedentary activities like letter writing and watching television.

Participation in additional activities such as Maori language, learning German, cycling, Over Fifties Old Time Dance, mechanical repairs and circle dancing show that retirees are still both physical and mentally active.

A high percentage (44% - 34 respondents) of the retirees are volunteers in different activities. These include: visiting rest homes, meals on wheels, Justice of the Peace, Red Cross, driver for Occupational Therapy, Arts Council, and church work. A number of these volunteers were involved in two or three different organisations. The picture is therefore of retired people keen to become involved in community activities. This may, of course, be a reflection of the use of Senior Citizen groups as the basis of sampling.

5.2.2 Objective Two

Objective Two was to determine the extent to which the features of self-esteem gained from work are transferred into retirement leisure participation.

Features of self-esteem in the work place may include status, income, job content, social life, the challenge received at work and achieving personal goals. However, individuals receive different benefits from paid employment. The two most 'enjoyable' aspects of previous paid employment of this sample were the job content and the challenge of the job.

Over 55% of the respondents said that they missed aspects of their previous employment. One woman aged 75-79 said that she misses the "...contact with people in her daily work". Although she lives with her husband she is also very involved in community work. This includes driving for the elderly, Meals on Wheels, Red Cross and Save the Children fund. Becoming involved in these community activities has helped increase feelings of self-esteem and life-satisfaction.

Another lady aged between 70-74 stated that she missed "...having a definite function and directive, and the company". This lady is widowed and lives alone, but since retiring has become involved in Good Companions, Probus, and the R.S.A. Involvement in these activities may help reduce the feelings of loneliness but as she writes "... I would not change my early life, but would give anything to change the last 25 years to reduce the loneliness of retirement and widowhood".

These examples show how those aspects of work that an individual enjoyed can be transferred into retirement. It may be possible for people to select leisure activities that will fulfil their needs (e.g. challenge) before they retire. This will ease the transition from work to retirement.

5.2.3 Objective Three

Objective Three was to establish whether those who participate in social activities (active or sedentary) have higher life-satisfaction or self-esteem.

Kelly (1990) suggests that regular participation outside the home is consistently correlated with higher levels of life-satisfaction in older adults. Different factors (e.g. health, economic viability, socio-economic status) have been studied in relation to later life-satisfaction. Other studies have found that engagement in social activity makes a small contribution to well-being and older adults. In the study by Kelly *et al* (1987), the *quality* rather than the *quantity* of social interaction was found to be the most significant.

In this study there was no significant difference between the types of leisure activities and self-esteem and life-satisfaction. The retirees in this study were involved in all four types of leisure activity (Active-Social, Active-Isolated, Sedentary-Social and Sedentary-Isolated), but no particular group had a significantly higher or lower self-esteem or life-satisfaction score than others.

Different studies found that informal friendship groups rather than activity contributed to satisfaction. In this study Lionel (84 years), spoke of the social aspect of outdoor bowls:

"... when we play closing day, it's just bowls, then a few drinks, they have afternoon tea, sometimes they have a tournament and food afterwards, sometimes a BBQ".

5.2.4 Objective Four

Objective Four was to determine if pre-retirement leisure activities are continued into retirement. Long's (1988) study suggested that once they retired, many people find different areas to fulfil their need to contribute. Some found part-time employment, others involve

themselves helping others and so in the process satisfied their desire to be needed. Some retirees also made a commitment to volunteer work - perhaps using work skills to benefit the organisation. The extra time available allowed "... the extension of work skills into new 'leisure' forums, and to expand long-standing leisure interests" (Long, 1988:43).

In the present study, one female respondent (aged 70-74) who is widowed and lives alone regularly participated in the same eleven activities she did before retiring. Although since retiring there has been a decrease in walking, gardening and playing music, there has been an increase in her other more social activities e.g., visiting people and entertaining at home. She also has a very high level of both self-esteem and life-satisfaction.

Many of the leisure activities to be expanded are home-based activities, some of which were 'put off' until after retiring. Two examples of home-based leisure activities in my study were described in the following way:

"I love vegetables and I grow them and eat them... I always feel better for being out in the garden"

"My husband loves cake and I still bake and I still cook... I still my own bottling and make my own jam. There's lots of things to do. We do the crosswords... the nice, easy ones".

5.3 LIMITATIONS OF THE STUDY

This study has a number of limitations, which have been outlined above. I had difficulty in finding a standardised definition for retirement. Palmore (1971) developed a 'retirement rating system' that used 'weeks not worked' as a criteria for retirement, while others use simplified terms like 'retired vs not retired' (Atchley, 1976).

Finding a representative sample of retirees was another problem I had. It is difficult to obtain a list of all those retired and often a list is incomplete or out-of-date. The differences in research findings between men and women and sampling bias is therefore due to the scarcity of resources and the difficulty of sampling, not through the lack of insight or the researchers inability to do social research. Thus statements about the relationships between retirement and other aspects of life have a very low predictive validity (Atchley, 1976).

A problem with questionnaire data is memory recall. Retired people may have forgotten or they may rewrite the past to fit the present - either to show continuity or to show how much their lives have changed.

In the present research Senior Citizens clubs were used to find a sample of retired citizens. Such a technique may have caused the sample to include an over-representation of more women with access to transportation, and to under-represent frail and lonely adults.

To increase the confidence level of results a larger sample size would be necessary. Given the time and resources available to a Masters student it did not prove possible to draw a larger and more representative sample of New Zealands retired population.

5.4 RECOMMENDATIONS

The recommendations in this section have been divided into both practical and research recommendations.

5.4.1 Practical Recommendations

Feelings of positive life-satisfaction and self-esteem are important in retirement. From this work it seems that both leisure and recreation play an important role in the lives of retired people. However, from this research it is difficult to determine whether all retired people regularly participate in around 11 activities as was the case with this sample. The importance of leisure should be developed and acknowledged in pre-retirement planning. Many people arrange their finances, housing, assets and insurance before they retire but don't give much thought to the way they will spend their time. Many people find it easier to join new activities during their working lives they can then feel a sense of continuity with part of their lives when they retire.

Shirley (62) spoke of her husband's need to start activities before he retired.

"... but Peter didn't take up bowls until he retired, you were always too busy at work when they were in transport and didn't have time for leisure activities but after you semi-retired and at the stock and station agent that was when you should have got into bowls and things. You didn't but it has all worked out".

Thus the importance of involvement in activities both active and passive needs to be discussed prior to retirement. It is important that once people retire that they realise that there are opportunities provided in leisure that provide status, income, a social life, challenge and help achieve personal goals.

It is possible that social involvement relieves feelings of loneliness and depression. Jan (73 years) was the only retiree I spoke to who seems lonely in retirement and misses the challenge of talking and discussing ideas with other people.

"... people are often boring and petty, and only involved in their own small lives and daily living... most of my previous friends with whom I could once have great discussions are now dead, and talking to younger people can be interesting only at times".

Leisure and recreation programmers need to design, plan and offer programmes that contribute to the participants leisure satisfaction as well as life-satisfaction, well-being and overall happiness. For this to be done in all appropriate and worthwhile manner, programmes and activities need to be in areas that the retired person finds challenging and which offer a chance for development. If possible these programmes should be for all ages as many people are discouraged by stereotyped programmes. Programmes and courses could develop those leisure activities in which the retiree already participates. An example of this is gardening. Many retirees participate in this leisure activity on a regular basis - courses could be run on different, more 'technical' aspects of gardening, flower (dried and fresh) arranging. A Garden Club could be established or day trips to different houses and gardens could be initiated.

The retired people in a community appear to be an untapped resource. Mary (60 years) wrote:

"Often the last thing one wants is 'leisure' - one has experience and brain in plenty, and at retirement age, the freedom from family and financial commitments to be able to properly utilize oneself for the first time! What one wants is something worthwhile to get into, which can really utilise all that expertise for community benefit".

Retirees who miss the challenge and opportunity to achieve personal goals often become involved in volunteer work to fulfil their needs. This relationship should be recognised in pre-retirement planning. Maintaining a high level of both life-satisfaction and self-esteem in the transition from paid employment to retirement would enhance an individual's belief in a satisfying retirement.

"... In a positive spirit we must plan so that the later years will indeed be years of true self-realisation, creativity, stimulation, development, growth and self respect"
(Roadburg, 1981).

5.4.2 Research Recommendations

There are numerous areas in this study that would benefit from further research and study.

1. There needs to be some standardising of the terms for use by different researchers in the same country and to aid cross-cultural studies. Leisure participation and leisure activities have been defined differently by many authors. Ward (1991) also found that there was no set definition for 'regular participation'. To increase the reliability and validity of studies regarding leisure participation and older adults, definitions and terms need to be clarified.

2. For student research in particular, a time limit is often set on the topic being studied and coupled with this is limited finance. This limits the size of the sample and time frame during which the study takes place. If possible, long-term research into the benefits of leisure participation on self-esteem and life-satisfaction would provide leisure practitioners with greater understanding.
3. Research has supported the notion that leisure and recreation are beneficial to life satisfaction. However, research into the barriers to participation for older adults would raise many issues including price, access, availability of transport and lack of self-confidence. The removal or partial removal of these barriers would possibly increase participation levels, raise both self-esteem and life satisfaction and dispel feelings of loneliness and depression.
4. A letter that was included with a questionnaire made mention of the lack of information on leisure and widows.

"... if I had a partner my responses would be different. To me that is what retirement is all about - sharing your leisure activities together, without the hassle of working and bringing up a family... so many of us are deprived of the enjoyment through losing a partner. It appears to be mostly women who are left to cope alone... Probably some areas (in Christchurch) are already serviced, better than others, but with no transport it is difficult to travel to these venues. Consequently one is forced to spend hours and hours alone".

This comment highlights a need for research on service provision for those without partners or close companions and the importance of leisure for social interaction.

5. As positive self-esteem is vital to the well-being of the retired, recreation and leisure programmes to increase and enhance self-esteem and life-satisfaction need to be implemented. Programmes may either be active or passive, in large or small groups. Retirees need to overcome any barriers to participation to reap the benefits.
6. In many studies women are either excluded, or findings in retirement of men have been generalised to include women. As the working life of women is often disjointed and they may stop and restart work several times, their retirement is different from their male counterparts. Research on women in retirement in New Zealand is an area requiring further work.

5.5 THE FINAL WORD

Leisure is important throughout the life-cycle. This study suggests that there is a relationship between self-esteem and leisure participation. Leisure is beneficial to individuals in both a mental and physical way. The retirees in this research were well adjusted to retirement and generally enjoyed their lifestyle. As one retiree put it:

"I've found retirement no problem, the time seems to be taken up, it's just leisure time to me. It's a matter of what you do to fill in the time" (Harry, 64 years.)

Although Harry has found retirement 'no problem', there is a definite need for greater preparation for retirement. Planning needs to be done in all areas of the lifestyle including leisure. Many people would think that they will have numerous activities to fill in time after working but after the initial 'honeymoon' period may find themselves lacking initiative and resources. Thelma (62 years) mentioned this 'honeymoon' period as settling down.

"My husband plays golf and I don't as I would rather be home in the garden. Although I said I wasn't going to do anything for two years, it's nice to be home and not rushing anything. I'm settling down I guess, I enjoy it".

Bond and Coleman (1990:274) echo my own thoughts by suggesting "... the quality of life for elderly people in the next century will depend on a number of fundamental changes in the way that societies perceive and respond to human ageing. So much change could be realised if attitudes towards normal ageing and elderly people and elderly people's attitudes towards themselves were improved".

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Appendix 1: Leisure Lifestyles Survey

24th May 1991

Leisure Lifestyles Survey

Dear

My name is Sarah Graham and I would like your assistance in a research project on how retired people spend their leisure time. This survey is a requirement for my Masters degree in Parks and Recreation Management at Lincoln University.

I am particularly interested in:

1. How you spend your free time,
2. How you spent your time before you retired, and
3. How satisfied you are with the things you do in your retirement.

Please respond and have your say. The information obtained from this survey may be used in future planning and programming for retired people in Christchurch.

Your responses will be treated confidentially. You are not required to put your name on the questionnaire. I would be grateful if you would please complete the questionnaire and return it to me (Sarah Graham) by **3 June 1991** in the stamped, addressed envelope provided.

In order to draw accurate conclusions, it is important that as many people respond as possible. The questionnaire should take about 10 minutes to complete.

If you have any questions about this survey, please feel free to ring me on 252-870.

Thank you for your assistance,

Sarah Graham
Department of Parks and Recreation,
Lincoln University

LEISURE LIFESTYLES SURVEY

Part A

1. Age: Below are a series of age groups. Please tick the age group that you belong to.

<input type="checkbox"/> Under 60 years	<input type="checkbox"/> 75-79 years
<input type="checkbox"/> 60-64 years	<input type="checkbox"/> 80-84 years
<input type="checkbox"/> 65-69 years	<input type="checkbox"/> 85-89 years
<input type="checkbox"/> 70-74 years	<input type="checkbox"/> 90+ years

2. Sex: (circle one) Female Male

3. Marital Status: (tick one box)

<input type="checkbox"/> Married	<input type="checkbox"/> Divorced
<input type="checkbox"/> Single	<input type="checkbox"/> Married but separated/living apart
<input type="checkbox"/> Widowed	<input type="checkbox"/> Other (please specify)

4. In your house, who else regularly lives with you? (Please tick boxes applicable to you)

<input type="checkbox"/> Husband/wife	<input type="checkbox"/> Other relative (eg. nephew)
<input type="checkbox"/> Children	<input type="checkbox"/> Other (please specify)
<input type="checkbox"/> Grandchildren	
<input type="checkbox"/> Sister/brother	<input type="checkbox"/> I live alone
<input type="checkbox"/> A parent of yours or of your spouse	

5. If you were in paid work, in what year did you retire? (If not applicable, go to Question 8).

6. Are you

- ☐ Fully retired (not in any paid employment)
- ☐ Partially retired (eg. in part-time paid work)

7. For what reason/s did you retire? (please tick appropriate box/es)

- ☐ I had completed the statutory period eg. 40 years
- ☐ I turned 60 years of age ☐ Family Reasons
- ☐ I was made redundant ☐ Other (please specify)
- ☐ I was in poor health
-
-

8. Do you receive the Guaranteed Retirement Income (GRI) each fortnight (please circle one)?

YES

NO

9. Is the Guaranteed Retirement Income (GRI) your only source of income (please circle one)?

YES

NO

If NO, what other sources of income do you receive? (Please specify)

eg. Superannuation, dividends from shares.

10. Health

Please indicate on the scale below your state of health. (tick the box applicable to you).

My health is excellent	My health is very good	My health is good 50% of the time	My health is not very good	I am never in good health
---------------------------	------------------------------	---	----------------------------------	---------------------------------

<input type="checkbox"/>	—	<input type="checkbox"/>	—	<input type="checkbox"/>	—	<input type="checkbox"/>	—	<input type="checkbox"/>
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Part B Leisure Activities

I would like to know how you spend your free time.

Below is a list of leisure activities.

1. Please place a tick by the activities you **regularly** take part in **now**.
2. Tick the activities you regularly took part in **during the five years prior to your retirement**.
3. Please indicate whether you have increased or decreased the amount of time spent in this activity since retiring, by placing a tick in the appropriate box.

Regular participation is defined as: physical, mental and social activity that is undertaken at least three times a week for at least 35 minutes each time.

Activity	Doing Now	Did activity Before Retiring	Increase in Activity	OR Decrease in Activity
Swimming				
Walking				
Gardening				
Jogging				
Skiing				
Fishing				
Hunting				
Housie/Bingo				
Odd jobs at home				
Playing golf				
Playing bowls				
Participation in team sport (list) 1. 2. 3.				

Activity	Doing Now	Did Activity Before Retiring	Increase in Activity	or Decrease in Activity
Tennis				
Sitting/Thinking				
Painting (art)				
Craftwork				
Reading				
Watching T.V.				
Letter Writing				
Listening to Music				
Chess				
Playing Music				
Visiting People				
Entertaining at Home				
Playing Cards				
Volunteer Work (please list) 1. 2. 3.				
Hobbies (list) 1. 2. 3. 4.				
Any other Activities? (please list) 1. 2. 3. 4. 5.				

Here are some additional questions about holidays, camping and tramping.

1. Please tick the activities you do now,
2. Tick the 'Did it before retiring' category if you took part in the activity during the **five years prior to your retirement**
3. Please indicate whether you have increased or decreased the amount of time you spend in this activity since retiring, by placing a tick in the appropriate box.

Activity	Doing Now	Did Activity Before Retiring	Increase in Activity OR	Decrease in Activity
Holidays around New Zealand				
Holidays Overseas				
Camping				
Tramping				
Other Activities (please specify) 1. 2. 3. 4. 5.				

Please answer **BOTH** the following questions.

1. Which of your present leisure activities are you spending the most time doing?

2. Is this an activity you do on your own? (Please circle)

YES

NO

If NO, what is the group? _____

How often does it meet? _____

Part C

If you were not in full-time paid employment please go to **Part D**.

Just before you retired, which of the following did you enjoy about your work (please tick those which apply to you)?

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Status | <input type="checkbox"/> Social life |
| <input type="checkbox"/> Income | <input type="checkbox"/> Challenge |
| <input type="checkbox"/> Job content | <input type="checkbox"/> Achieving personal goals |
| | <input type="checkbox"/> Other |

2. In retirement, do you miss any aspects of your job?

YES

NO

If YES, then which of the above aspects do you miss most?

Part D

Below are a number of statements relating to how you feel. For each statement please tick the box on the scale going across the page that best describes how you feel about each one.

BE SURE TO ANSWER EVERY QUESTION ON THE LIST.

[illegible]

Part E

Here are some statements about life issues in general. For each statement please tick the box of the scale going across the page that best describes how you feel about each one.
PLEASE BE SURE TO ANSWER EVERY QUESTION ON THE LIST.

[illegible]

[illegible]

Appendix 2: Additional Activities

Volunteer Work

Arts Council
Bowling Club
Branch Committee for Labour Party
Church
City Mission
Clean and Catalogue Stamps
Community Work
Driver for Occupational Therapy
Fire Service
Handiscope
Justice of the Peace
Meals on Wheels
Odd jobs for others
Red Cross
Red Cross Blood Bank
Rotary
Save the Children Fund
Senior Citizen Club

Hobbies and Other Activities

Assist wife with running childcare
Baking
Bus Trips
Care and Craft
Christmas Decorations
Church Activities
Circle Dancing, Over Fifties Old Time Dance
Conferences
Country Womens Institute
Croquet
Crosswords, Jig Saw puzzles
Cycling
Dressmaking, sewing
Dried Flowers, Flower Arranging, Growing Flowers for Export
Drive for the Elderly
Embroidery, Knitting
Entertaining Elderly
Exercise Group
Football, Rugby
Historical Society
Horse Racing
Indoor Bowls
Learning German, Maori Language

Metalwork
Moasic Work
Music - singing, studying theory music, teaching music
Poetry
Probus
Research Associate
Returned Servicemans Association
Sheep Breeders Association
Stamp Collecting
Talking Books
Townswomens Guild
University Courses
WEA Courses

Appendix 3: LSI-A

The Life Satisfaction Index A (LSI-A) was developed by Neugarten, Havinghurst and Tobin in 1961, using an urban population. Later studies have used the LSI-A in rural and other urban settings (Wood *et al.*, 1969).

The Life Satisfaction Index A was used for this study for two reasons. Firstly, a review of all measures (LSR, LSR-CI, LSI-A and LSI-B) concluded that the Indexes (A and B) are more successful as an instrument for measuring life satisfaction for persons over sixty-five (Neugarten *et al.*, 1961). Secondly, the LSI-A is a self-rating instrument. The simplicity of the LSI-A makes it possible for use in a mail questionnaire (Wood *et al.*, 1969).

Modifications have been made to the LSI-A for use in this research. The scale was originally a three item one. In this study the items were answered on a five point Likert scale. The respondents were given greater choice and a 'don't know' category was also provided. Although the respondents were given a five point scale, life-satisfaction still produced a score between 0-20. The Likert scale allowed further analysis of each item.

The LSI-A and the Life Satisfaction Index B (LSI-B) were derived from the Life Satisfaction Ratings (LSR). A sample of 60 retirees were drawn from the original LSR sample. The high and low scorers on the LSR were used as criterion groups. Further analysis and more interviews led to the emergence of twenty-five items that required an "agree" or "disagree" answer. This was the LSI-A. The LSI-B consisted of seventeen open-ended questions.

These two instruments (LSI-A and LSI-B) were given to ninety-two respondents along with another interview. The scores on the LSI-A were correlated with the LSR and the correlation result was .55. When an item analysis was done, five items were discarded from the LSI-A, and the twenty remaining items for the Life Satisfaction Index A (see Appendix 1)(Neugarten *et al.*, 1961).

The LSI-A measures life satisfaction by the respondents' score on a self-report instrument. The respondent marks an 'x' in one of the three columns - "agree", "disagree" or under the "?" if the respondent is not sure. This is done for each of the twenty statements. The correct answer which may be "agree" or "disagree" scores one mark and the wrong answer including the "?" scores zero (Wood *et al.*, 1969). The scoring can produce tallies from 0-20, on this twenty question Life Satisfaction Index A. A low score indicates low life satisfaction and a high score indicates high life satisfaction (Peppers, 1976).

The most important point to note concerning the validity of the LSI-A is that direct reports can only be expected to partially agree (.55) with the LSR, which is completed by an outside observer. Another step was carried out in order to validate the LSI-A. This was the correlation between LSI-A and LSR-CI (which are the rating made by a clinical psychologist). The correlation was .39. The low correlation was expected, due to the fact that the clinical psychologist was 'superior' in this field and provided a narrower range of scores (Neugarten *et al.*, 1961).

Appendix 4: Reliability and Validity

Reliability is the consistency of the results gathered in the research. "... when a particular technique applied repeatedly to the same object, would yield the same result each time" (Babbie, 1989). The following techniques were used to improve reliability.

- a) the questions were checked for ambiguity,
- b) the questionnaire was pilot tested,
- c) a split half reliability test was used. The questions that formed the Rosenberg self-esteem scale and the L.S.I-A (life satisfaction) scale were halved and the results correlated from both parts of the same instrument. In this study the results were:-

The higher the degree of similarity from both halves, the higher the correlation and the more reliable the instrument is.

One limitation in the research is the scales used in the questionnaire. The spaces on the scale are ordinal and only suggest that one is either "greater than" or "less than" another number. There is no equal distance between numbers, only that one number is in a different position and in a particular direction in relation to another.

Validity is the "... extent to which a specific measurement provides data that relate commonly accepted meanings of a particular concept" (Babbie, 1989). There are three ways to assess whether or not what has been observed and measured is valid.

Content (or Face) Validity - This is based on logic, common sense and previous studies. Specific variables or tests are then selected (Simon and Burstein, 1987). In this research both the life satisfaction and self-esteem scales have been used in other studies relating to older adults.

Criterion-related Validity - This may also be called predictive validity. This is the ability of the test to use other criteria to help identify future differences. However in the case of life satisfaction and self-esteem used in this research it is difficult to find external criteria to validate the scale.

Construct Validity - This is based on the way a measure relates to other variables.

Internal validity affected the data collection in this research. Common factors that needed to be observed were: history, maturation, selection and mortality. Each of these factors is outlined along with the techniques used to increase the validity.

History: The longer the time period between a respondent receiving and completing the questionnaire, the higher the chance of the data being affected by compounding factors. For example, the respondent may be influenced by media reports on the benefits of leisure and recreation for retirees. To minimise such effects, a time period was specified for the respondent to complete and return the questionnaire.

Maturation: Age may tend to effect the type and length of recreation participation. To minimise the effect, the data was analysed according to age.

Appendix 5: Data Analysis

The questionnaire was divided into five parts to aid analysis.

Part A: Retirees Characteristics - In these questions the respondents were asked about their personal characteristics. These variables (age, sex, living arrangements and health) were used in relation to activity types, self-esteem and life satisfaction.

Part B: Leisure Activities - This part of the questionnaire was designed to find out: a) the total number of activities that the respondent is now participating in (post retirement) and, b) the total number of activities participated in before retirement.

Part C: Retirement

This section asked respondents about aspects of their work that they enjoyed most, as well as the aspects of their previous employment that they missed the most.

Section D: Self-esteem

Rosenburg's self-esteem scale was used to rate respondents on a continuum of high to low self-esteem. In this study scores of 8,9, and 10 were used as indicators of high self-esteem. Those respondents with a score of 1,2, or 3 were considered as having low self-esteem. The rest of the scores were classified as 'average' in the self-esteem ratings.

Section E: Life-Satisfaction

The life-satisfaction scores that were viewed as high in this study were 15 to 20 inclusive. The low life-satisfaction scores were from 1 to 6 inclusive. The remainder of the scores were seen as 'average'.

Questionnaires were coded numerically. The Minitab statistical software package was used to conduct data analysis. Likert scales provided the data for mean scores and standard deviation.

Appendix 6: Summary of Hypotheses Tested

HYPOTHESES	CONCLUSION
1. There will be no difference in life-satisfaction between retirees who increase the number of activities in which they participate and retirees whose participation in activities decrease or remain constant.	Do not reject
2. There will be no difference in self-esteem between retirees who increase the number of activities in which they participate and retirees whose participation in activities decrease or remain constant.	Do not reject
3. There will be no difference in the life-satisfaction between retirees who primarily in active leisure activities and retirees who primarily participate in sedentary activities.	Do not reject
4. There will be no difference in the self-esteem between retirees who primarily in active leisure activities and retirees who primarily participate in sedentary activities.	Do not reject
5. There will be no difference between the life-satisfaction of retirees who primarily participate in social activities and retirees who primarily participate in isolated activities.	Do not reject
6. There will be no difference between the self-esteem of retirees who primarily participate in social activities and retirees who primarily participate in isolated activities.	Do not reject
7. There will be no difference in life-satisfaction between male and female retirees.	Do not reject
8. There will be no difference in self-esteem between male and female retirees.	Do not reject
9. There will be no relationship between gender and activity type.	Do not reject
10. There will be no difference between the life-satisfaction of married retirees and the life-satisfaction of unmarried retirees.	Do not reject
11. There will be no difference between the self-esteem of married retirees and the self-esteem of unmarried retirees.	Do not reject
12. There will be no relationship between marital status and activity type.	Do not reject
13. There will be no difference between the life-satisfaction of retirees who live alone and retirees who live with others.	Do not reject
14. There will be no difference between the self-esteem of retirees who live alone and retirees who live with others.	Do not reject
15. There will be no relationship between living arrangements and activity type.	Do not reject
16. There will be no relationship between perception of health and activity type.	Do not reject